A Briefe Treatise of the Plague

VVherein is shewed,

The { Naturall cause of the Plague.
Preseruations from the infection.
Way to cure the infected.

Newly corrected with new additions, and many approoued Remedies.

Printed at London by V[illegible] 1603.

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1603.

To the Reader.

GOD most mercifully chastiseth his Children for their sinnes when they forget him: sometime with warre, sometime with famine, and sometime with the pestilence and other diseases, that they might forsake their sinnes, and flee vnto him for help: but the wicked, to their vtter destruction.

Yet he neuer sendeth a plague or punishment but he continually preserueth some. Yea, and those also he preserueth by meanes. Therefore they worthily are consumed which neglect that lawfull meanes God hath appointed, euen as they were iustly drowned that would not enter *Noahs* ark. And *Lots* sonnes worthily consumed, because they would not forsake *Sodome*, and they iustly partakers of the plagues of *Egypt* which forsooke the land of *Goshen*, and their first borne deseruedly slaine, which marked not the postes of their dores with the blood of the Lambe. And were they not iustly scourged to death, which would not behold the Brazen Serpent *Moses* set vp?

Doth not the whole Historie of the Bible, both the old and new Testament commend vnto vs the lawfull meanes whereby we are to be preserued from dangers.

Therfore they are greatly too blame that contemne the good meanes which God hath appointed for their safetie, and doe wilfully, rashly, and foolishly runne themselues into all kinde of dangers, saying, GOD is able to preserue them if it please him, themselues neither vsing the lawfull

meanes God hath appointed, not yet eschewing the dan-
gers which meanes according to the iudgement of the best
Writers vpon this matter, thou shalt heere finde briefely,
which I pray God may be profitable vnto thee, and
that he will keepe vs from all plagues and dan-
gers which were haue iustly de-
serued. Vale.

L. W.

¶ Of the naturall cauſes of the infecti-

on of the aire, and of the plague.

Of all the diſeaſes wherevnto the body of man is ſubiect, the Plague or Peſtilence is the moſt terrible and fearefull, and moſt contagious: wherefore we muſt ſeeke all meanes (both naturall and artificiall) to preſerue our ſelues and families from it: therefore firſt we will ſpeake of the naturall cauſes of this infection.

There be two ſpeciall cauſes of the Peſtilence.

The firſt is an infected, corrupted and putrified Ayre.

The ſecond is, euill and corrupt humours ingendred in the body.

The aire is corrupted and infected diuerſe wayes as Aſtronomers ſay, by the influences, aſpects, coniunctions, and oppoſition of ill planets, the Eclipſe of the Sunne and Moone, through the immoderate heate of the aire, where the temperature of the aire is turned from his naturall ſtate to exceſſiue heate and moiſture, which is the moſt temperament of the aire, vapors being drawne vp by the heate of the Sunne, remaining vnconſumed, doe rot, putrifie, and corrupt, and ſo with the vapours the aire becommeth corrupted and infected.

Alſo the ayre is often corrupted by the euaporation of dead carcaſſes buried vnder ground, and often times ſeene in the ſeaſons, as alſo by the euaporation of pooles, fennes, marriſhes, ſtinking and noyſome ſinkes and kennells.

A man falleth into the Peſtilence by diſordering of himſelfe, either in diet, or with other exerciſes.

Whereſoeuer, during the time of infection, ſicke perſons, muſt haue a ſpeciall regard, to keepe themſelues from all outrages and ſurfets (to wit) from all exceſſe of meate, drinke, ſweating, bathes, lechery, and all other things that open the pores of the body, and cauſeth the bad ayres to enter, which entering, inuenome the lively ſpirits of man, and infect, and indanger the whole body.

It is to be vnderſtood, that the plague or peſtilence is not

cause, but through the breathing in of pestilent and corrupt ayre, there cannot be a more safe and present remedy to preserue one, then by flying from that corrupt aire, there is no other meanes to auoyde the pestilent ayre, betimes, whether with vehicle, we must resolue in such ayre, while we get vs away into some other place where the ayre is not corrupted: but to stand, but part with speed, neither must you returne home againe from that place we enterprise.

Obseruations to be vsed, preserving from the Plague.

But if vpon vrgent occasion of businesse you may not flie: then haue a speciall care that the house in which you must tarry, be kept cleane and sweete, as often as time of weather, chimnies, or suttishnesse, let the windowes be kept close, and shut especially in clowdy and rainie weather, that the pestilent ayre enter not in, but if you will open them, doe it about noone day.

You must remoue abroade as seldome as you can, and not (if you may) except the element be cleare and bright, but before you come abroade, you must take some preseruatiue, whereby to defend & preserue you from infection, as the roote of Angelica, Pimpernell, &c. chewed in the mouth.

Also you must make fires daily in your house, for if through the corrupt ayre that is in the house, many be the better purged and wasted, therefore a moderate great fire, and through it, for purge, ayre and remoue the pestilentiall and vnwholesome ayre.

Also if you burne Iuniper, Time, Rose, Bay leaues, Rosemary, and such like are very good to purge the house of ill aires, and to fumigate against Contagion of ayre, and smoke vpon the pannes of Rosemary, Sage, Rew, Betonie, wormewood, Misseline, Origan, Iuniper berries, Mirrh, Frankincense and Muskle, Cypresse barkes, Angelica the roote or leaues, Limmon, rinde of Aloes, Galia Muscata, Cloues, any one of all these are very good to sweeten your house withall.

It is best in hote weather to correct and purifie the aire with cole thinges, as with Rosemary, Willow, Wormwood, Vine leaues, and branches of willowes, &c. and to sprinckle the house with

with colledor and with vinegre, Mastick and Frankincense, &c.

4. It is very good when one goeth abroad to have something in their hands to smell to, the better to resist those noysome stinks and filthy sauors which are in every corner, therefore it is very good to carry in the hand a bunch of Rew, Rosemary, Rodes, or Camphire and the smel of vinegre is very good, or after this manner something like this. Take of,

Ladanum, three drachmes.
Storax calamintæ, two drachmes.
Cinamon, Cloues, Nutmegs, } of each a drachme.
Wood of Aloes, a scruple.
Spikenard, halfe a scruple.
Mirrh, Mastick, Frankincense, } of each halfe a drachme.
Musk, Amber, } of each three graines.

Make them to powder and searce them, and take Damaske water, and Rose vinegar, wherein gumme Arabick is dissolued, and so make it up in a Pomander.

Seeing also, that gluttony, ryotte, and drunkennesse, is at all times to be shunned, so at this time of infection is most dangerous, hurting the humours, and corrupting the body: Therefore they that loue their healths, let them vse temperance in their diet, and chose such meats as engender good blood, and bee not ready to putrifie and rot, but be of easie digestion, and eate with them sharpe sauces, as vinegers, or the iuyces of sharpe things, as verjuyce, iuyce of Citrons, Lemonds, Oringes, &c.

Also vse for pot herbs, sage, or otherwise, Borage, Buglosse, Endiue, Succorie, and Lettice.

Also her must refraine from eating of much fruite, for it doth breede corrupt blood, and if he eate any it must be sower.

Also her must eate little garlik, onions, or leeks, for these cause euil winds heate.

Also suffer not thirst greatly, and when thou doest thirst, drinke but measurably, and that but small and thinne drinke, or

[illegible] with cold herbs.

[illegible] must be [illegible] exercise, [illegible], [illegible], [illegible]. The place where you must keep a temperate and pure [illegible] must be there temperately and moderately, and [illegible] as walking, running, leaping, [illegible] such like kinde of exercise that causeth [illegible] sweating in of these, he must refraine in the extreame heate of the day, and in places where is much concourse of people.

As for his sleepe and watchings, let them be meane and moderate, onely his sleepe must be sufficient to suffice Nature, and in a cleare Chamber, well flagged, and the windowes and doores close shut, lest the ill ayre enter into it, and he must have regard that his Chamber be cleane and sweet, and not fed by the fire, if you cannot avoyd it: for the better. Wherefore that he be [illegible] of Rats-bane and sweets baggs in chests where they keepe linnen.

It is good also at night when you goe to bed to ayre the chamber with a gun fire, or with a chafing dish of coles, wherein it were good to strow some powder of Rew, Sage, Wormes, or of Rosemary and such like.

When you rise in the morning, first empty the body of all superfluities and excrements, and take heed and beware the bodie be not too costive at any time. Wherefore, if of thy selfe naturally at any time thou canst not dayly avoyd excrements, thou shalt take of this a potion of pils, or else a glister or suppository of pils, take pilule rosæ, or pilulæ virides or Cochiæ: or the table of

Aloes epatick, two parts,
Ammoniacum,
Myrrh. } of each one part.

With white wine or with the Water of celadine make pills of them, which minister dayly, if you will one scruple at a time.

These pils do most resist putrifaction, and have a very great vertue against the infecting of the pestilent ayre.

Blood-letting also is very wholesome for young folke, and such as have great store of blood, for it doth much cole the state of the body, and bringeth it to a moderate heate, and letteth out the corrupt

corrupt humours, which doe make the body more fubiect to infection: Moderate sitting is very necessary in the time of infection, and doth much profit, and preserue health.

Also it is very ill to be too pensiue or melancholy: for the passions of sorrowfulnesse, sighes, sadnesse, feare, great cares, and heauie thoughts doe much offend the body and make it more apt to receiue the infection: And on the contrary it is very good to be merry and mirth with temperance.

Signes to know the infected.

Hauing before shewen the naturall and originall causes of the Plague and pestilence, with the best meanes for the preseruation of a mans life from it, we will present vnto you, first the signes whereby a man may best iudge of himselfe, whether he be already infected, or not, and the meanes to cure the same.

And concerning the signes that declare vnto vs to be already infected, they are many.

First when the outward members are cold, and the inward parts burning hot, when there is a paine and heauinesse of the head, and a great inclination to sleepe. A wearinesse, heauinesse, and difficulty in breathing. A sadnesse and carefulnesse of the minde: a change of countenance, with a frowning looke of the eyes: losse of stomake and appetite: immoderate thirst and often vomiting: a bitternesse and drinesse of the mouth: The pulse frequent, small and deepe, the vrine troublous, thicke, and standing like beasts vrine.

The surest token of al to know the infected of the plague is, if there doe arise and engender botches behind the eares, or vnder the armeholes, or about the share: or also if Carbuncles do arise in any member sodainely, for when they doe appeare they betoken strength of Nature: Which being strong and mighty, doth labour to driue the poyson out of the body, but if botches do not appeare, it is more perilous and daungerous: for it betokeneth that nature is weake and feeble, and not able to expell and driue out the venemous humors, and then you must haue respect to the signes before rehearsed.

[illegible] appeare, they be weake: which
[illegible] of the liuer, but rather aboue any other, and
[illegible] from them.

[illegible] of the plague entirely into a man in this
[illegible]

The venome are their principall parts (that is) the heart, liuer, and braine, and each of them hath his cleansing places: Therefore if they be appeare in the necke, they doe shew the braine to be chiefly vexed: if vnder the armes holes, the heart, but if they appeare in the share, the liuer is most infected.

For a man hauing taken some venome, it is mingled with the blood, and runneth to the heart, which is the chiefe parte of nature: and the heart by blood putteth the venome to his cleansing place (which is the armeholes: and it being stopt, putteth it to the next principall part, that is the liuer, and it pusheth it to his cleansing place (which is the thigh holes or share: Likewise they being stopt, put it to the next principall place (that is) the braine, where their cleansing places (which are vnder the eares, or vnder the throate, and they being stopped, suffer it not to passe out, then it is necessary it powre before it fall in any place, and if it be not let out within the space of xviii. houres by bleeding, it casteth a man into an ague, and maketh a botch in one of the principall places where them.

The cure of the infected of the plague.

The best way to cure the plague is in this, when thou findest thy selfe to be infected, and findest the blood flickering, bleed in the first houre, or within fiue houres after drinke not, but carry not about twelue houres from bleeding, for when thy pulse is so flickering, the venome is then moving and not yet settled, and after it is too late: those that are fatte may be lette blood, or els not.

If the matter be gathered vnder the armeholes, it comes from the heart by the veine cardiall, then bleed on the same side: on the inwarde veyne of the arme comonly called Basolica: but bleed not on both sides, except it be in both armeholes, for that is too grosse, and lesse of good blood.

And if the botch doth appeare behinde the eares, or aboue the

ſhinne, or in any other parte of the face, or neck, you muſt let blood out of veine Cephalica, or the ſame ſyde let blood with cupping glaſſes for that is the beſt, or a hazle ſtrach, or hazle hanes.

But if the botch appeare in the ſhare, you muſt then bleed on the ſyde of the ſame ſyde, and ſhall in any caſe bleed not in the ſtrong, for it will draw up the matter againe.

But if there appeare no botch outwardly, you muſt then drawe blood out of the ſame ſyde where is felt the greateſt paine and beatings, and out of which veine the paine & griefe of the members afflicted wil declare.

For if the members about the breaſt be moſt grieued and afflicted, cut the Cephalica vein. But if the parts about the necke be moſt grieued, bleed in the Baſilica, or middle vayne.

And if the nether parts be moſt grieued and vexed bleed in the hamme or ankles. And if nature be ſtrong, and other things not letting draw out blood abundantly.

But if through age or for other cauſes you may not vſe bloud letting, then you muſt faſten cupping glaſſes and vſe them.

And if you perceiue the peſtilence to infect or inuade you at meate, or vpon a full ſtomache, then vomit ſtraiteway, and when the body and ſtomack is empty, then take ſome medicine that can reſiſt poyſon as methrydate or Triacle.

When the patient hath taken ſom medcines that wil expel the venome, lay him in a warmed bed, being made with ſoft theets, and well couered with clothes, that there he may ſweate well, for the ſpace of foure or fiue houres, or more, according to his ſtrength. But if by this meanes you can ſcarſly prouoke him to ſweate, you may vſe ſome other meanes, as by the heating of tiles, and laying them hote to the ſole of the patient, or with ſtone bottles filled with hot water, and being cloſe ſtopt with reyke, that the water ſpil not, and ſo put into the bed to the ſicke, they wil by their heat prouoke him readily to ſweat. And all the time the ſicke doth ſweate, you muſt take heed that he neither ſleep, eate, nor drinke.

And after hee hath ſweat, you muſt wipe diligently off the ſweat, with very cleane and fine linnen clothes. Then afterward let the ſicke riſe from his bed, if he either will or can: But let him not come into the open ayre, but eſchew it almuch as

delight: Whether through the chamber in the which the sicke doth lie, be censed and smoaked and perfited with aromaticall things and with sweet smelling perfumes, such as are be-fore declared.

Lastly, the principall and whole body being cleansed by bleeding, or purging and sweating, the patient must be very wary, and measurable in his diet, for in the fourth Acme which is accidentall to this sickenes: it is good to take no flesh but little chickens sodde with fresh water, but it is best to give vnto him the breath of a chicken two or three houres after he hath supped, and often, according to his strength, for the sicke and weake must be nourished and refreshed by little and little: If the broath have in it the iuice of lemons, orenges, bezuice. or vineger, it is the better.

Preseruatives against the Plague or Pestilence.

TAke Wilgemond and Rew, of each a little, and lay them in a little Vineger, then take a spunge and wett it therein, and this you may carry about you in a boxe or any thing else, to smell thereon, and this will preserue you from the infection.

Another.

ALso take Angellica roote, and hold in your mouth, for it is excellent good to keepe your body that no corrupted ayre come therein: likewise Zyttron pilles is very good to hold in your mouth, or Cloues.

Another.

IT is good to keepe the head and stomake cleane purged, and not to ouerlay it with eating and drinking, nor to eate grose meates, but to abstaine from all manner of flesh and grose meats, and to purge your self as oft as you can with some gen-tle purge, as Cassia pilles, or such like.

Another excellent preseruative.

TAke a Figge or a Walnut, and in a morning fasting, take a little Rew and a corne of bay salt, and eate them together,

and this will preserue you, that you nede not feare the infection.

Another preseruatiue by purging the blood.

Take in your pottage, Buglase, Borrage, Buckroy, Lettyse, and such like hearbs: It shall be also very good at your meate to eate the inside of a Lyttleron, with a little sugar, at morning, at none, and at night when you goe to bed: and it would be very good to wash your hands, and to bathe your temples & your pulses with Wine zer Rosset, and it would be good to perfume your houses with Wineger and Rew vpon a tyle stone being heated in the fire: it is very good to hold your head ouer it: it is excellent good to keepe your body that no infected ayze enter therein.

A prooued Remedie for the plague.

TAKE an Onion, and cut him ouerthwart, as a sunder, then make a little hole in each peece, the which ye shall fill with fine treakle and set the peeces together againe, then wrap them in a wet lynnen cloth, putting it as you would a warden and so roste him in the embers, seeing it be couered with embers, and when it is rosted inough, straine out all the Juice thereof, and giue the patient a spoonefull thereof to drinke, and it will heale him by the grace of God.

Take sorrell and lay it in steep in vineger a day, & then stil it, & when the patient feeleth himselfe ill, giue him a draught therof, and if he drinke it, two or three houres after giue him more thereof to drinke, and by the grace of God he shalbe healed.

Another for those that feele themselues infected.

TAKE Cardous Benedictus, the leafe, and dry it, then beate it to powder, and giue the patient to drinke of it, and then let him sweate, and it will heale him by the grace of God.

A preseruatiue.

TAKE London Treakel, which you shall haue, at diuers Apoticaries shops, in London, which do make it themselues,

and drinke a little after it, and this will keep your bodie that no venomed dyre enter therein, and if you faile your selfe ill at any time, take a little thereof and sweat upon it, and this will help you.

Also it is good to take some when you go to bed and in the morning, and in the morning fasting: you may have it for diuerse the same, and it is excellent good to have of it alwayes in a readinesse, Approoued.

If these do not both appeare.

TAKE a Pigeon and plucke the fethers off her taile, very bare, and set her taile to the sore, and shee will draw out the venome till shee die; then take another and set to likewise, continuing so till all the venome be drawne out. which you shall see by the Pigeons, for they will die with the venome as long as there is any in it: also a chickin or a henne is verie good.

FINIS.